

HEALTH MATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

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"We Know Health Matters",
CHD's show on Citicable,
Time Warner Ch. 23.

Playback Times

Mon	9, 11 a.m.
Wed	5 p.m.
Thur	2 p.m.
Fri	9 a.m.
Sun	3 p.m.

Also available online on Vimeo



If you have anything you would like to
share in the newsletter please send
information to Marla Fuller at
marla.fuller@cincinnati-oh.gov

CHD= Cincinnati Health
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September is National Preparedness Month

There are literally 100 reasons to prepare for an emergency, such as a natural disaster, a power outage, and pandemic influenza. Most Americans do not have supplies set aside or plans in place to protect their own or their family's health and safety.

The good news is that it is never too late to prepare for a public health emergency. You can take actions, make healthy choices, and download free resources to help you prepare for, adapt to, and cope with adversity.

Learn how to prepare for, respond to, and recover from emergencies then share what you've learned with others to help build more resilient communities.

September is National Preparedness Month, which is a perfect time to begin thinking and learning about what actions to take in the event of an emergency. Every second counts during an emergency, which is why it is crucial to have a game plan beforehand. Knowing how to respond is essential to ensuring safety during an emergency, so this month, plan ahead and make an emergency plan for you and your family.

You should know how you will receive emergency alerts and warnings, know your shelter plan and evacuation route, as well as how you will communicate with loved ones. Make sure to consider any unique needs you or your family may have when creating your plan. For example, are there any medical needs that may require prescriptions or equipment, does anyone need assistance moving, are there any pets or service animals in your home, does anyone have any special dietary needs? Think about how these factors may impact your family's emergency plan. Learn how to access your community's resources, for example shelters and food banks. Start and maintain an emergency savings account in the event you need monetary support during an emergency. While planning is a necessary part of emergency preparedness, the plan may not be useful if you don't practice! Practicing your emergency plan ensures everyone in your household will know what to do when an emergency happens.

Being prepared means also being equipped with the supplies you may need in the event of an emergency or disaster. Keep your supplies in an emergency preparedness kit that you can use at home or easily take with you in case you must evacuate. It is important to have these supplies before disaster may strike so that you are prepared to respond as quickly as possible.

- Extra batteries

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Dr. Lofgren, Dr. Walker, Dr. Phil and invited guest....

Thank you for such a warm reception to Cincinnati and to my new position. Let me first say, "I am an outsider if you did not know." I say that to acknowledge the fact I am not from Cincinnati, however, I am honored to have been selected to serve as your Health Commissioner to work with all of you. I wish to learn how you do things. I will not talk long, because this is a night of celebration and I want you to know what I've been thinking about and my vision.

I am not here to destroy or ignore the great work which has been achieved by my fellow colleagues. I am here to build, collaborate and partner (BCP). In order to do that I must listen and learn how things are done. I must ask questions. That means active engagement on my part and sharing on your part. In this vein I will develop and build a relationship with you. Together we will take the journey to cultivate, connect, and empower individuals within our community to be Hopeful, Healed and to be Innovative in changing the narrative. Changing the narrative of the health of our City. Moving the needle on the prevalence of negative health conditions in this community. We can do this. We each have a role in changing the narrative. Now, I can imagine, there might be some who are hesitant about partnering because the issue might be who will lead the effort and who will get the credit. Let me say, I do not need to lead every initiative, I just want to be at the table to share in the creation and execution of the plan. I do not

Make sure your emergency preparedness kit has the following items:

- Water (1 gallon per person per day. Have a 3-day supply for evacuation and a 2-week supply for home)
- Non-perishable food (have a 3-day supply for evacuation and a 2-week supply for home)
- Flashlight
- Battery-powered hand-crank radio
- Cells phones and chargers
- Medications (7-day supply)
- Sanitation and hygiene items
- Family and emergency contact information
- Extra cash
- Emergency blanket
- Map of the area
- Extra clothing (consider the weather for the season)
- Copies of personal documents (medication list and medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)

Once you know your family's emergency plan, think about how you might be able to plan to help your neighbors and community in the event of an emergency. Are there any skills you can learn that could help until emergency responders are able to arrive? Look into local and online emergency preparedness courses. After learning how to respond and take care of yourself, your family and your community in an emergency, think about how you can share this knowledge with others. Talk to your friends and neighbors about the importance of emergency preparedness! How can you help others in your workplace, your community, or your faith-based organization be prepared in an emergency? Learn more at <https://www.ready.gov/> and remember, disasters don't plan ahead, but you can!

A Message from the Board of Health



Phil Lichtenstien, MD
Chair, Board of Health



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